

How time flies. It's nearly November and Christmas will be here before we know it! It's been a busy time with all our classes and activities in full swing. We've enjoyed outings to the Watts Gallery, Brooklands Museum and Pitzhanger Manor and a very interesting talk on sustainability. Coming up are some interesting talks on the RNLI on the Thames, a Death Café run by Princess Alice Hospice and our Men's Wellbeing Talk by our very own Garry Freer. Not to mention the Bring and Buy and the Avenue Club calendar highlight, our Christmas Lunch. Read on...

Reaching out to Men in our Community

Men's Wellbeing Talk - Monday 4th November, 1.30pm

Garry Freer, our Men's Wellbeing leader and Dr David Beales will be talking about Men's Health, the importance of exercise, nutrition and mental wellbeing and will signpost ways in which you can improve your life and age with vitality.

Garry leads our Men's Wellbeing group and by popular demand, we will be running a second class on Monday mornings. He has worked in the area of health and wellbeing for over 20 years, is a yoga and pilates teacher, lecturer and presenter for health clubs and businesses; he uses the principles and application of eastern philosophy in his work. The ethos of his work is good fellowship, a focus on prevention rather than cure, and the value of being sociable.

David is a member of the group; he says, 'We have focused on exercise that fits our individual needs, quietening the busy mind, nutrition, men's health issues such as prostatism, as well as having open and confident discussions on areas of worry and concern. I leave the session feeling uplifted and ready for the week ahead. We have a good laugh and it's also a way of meeting new people and making friends with similar interests.'



David Beales - Retired Physician and General Practitioner, with a passion for whole person-medicine – particularly as I am in the process of ageing disgracefully! Recent publications include Emotional Healing for Dummies, and my latest book – Reclaim Health.

This talk is free but any donations will be gratefully received.

Important Information on Data Consent

As a member of Richmond Borough's Community Independent Living Service (CILS) Partnership we receive some funding for providing our services. The lead contractor is currently INS and will be changing to Age UK Richmond. We provide data to INS about our services which they then send to the Council in an anonymised form. When you joined, you will have given consent, or not, for your data to be part of this. This consent will be transferred to Age UK Richmond, unless you let us know that you want to change your consent. If you wish to see the consent form, please visit The Avenue Club office. In line with the General Data Protection Regulation 2018, we respect your privacy rights and are committed to ensuring that we protect your details and information about your dealings with us.

Judi Braddock, Interim Chief Executive, Kew Community Trust

Bring & Buy Sale

Thursday 14th November, 10.30 - 12.30pm

Bring your friends to our Avenue Club fundraiser. Grab a bargain from our beautiful hand-knits and craft items, homemade produce, bric-a-brac, raffle and much, much more...

Please let us know if you would like to stay for lunch.

Our Knit and Stitch Group have been busy again and made this beautiful love heart Quilt which will be first prize in the Raffle. Tickets are just £1 and Lisa will be furiously selling them - you won't be able to escape without one!

We would like to thank Thelma and Roxy for all their hard work running the group.



We welcome donations of good bric-a-brac, unwanted gifts, homemade jams, jellies and chutneys. Absolutely No Jumble Please. Bring donations to the Club from Monday, 11th November.

If you are available to volunteer to help sort donations on the day before or help on the day of the Sale, please let us know. (We especially need volunteers to help clear up)

Come along, bring your friends - everyone is welcome.

Creative Writing Mondays 11-1.00pm



We are very pleased to welcome Harriet Grace as our new creative writing tutor. This is a lovely group and there are a couple of spaces free if you would like to join them.

Book Group

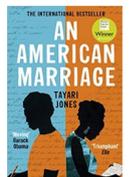
In the past year, our attendees for this group have fallen. We really love the idea of a community book group and so we are going to revitalise it.

We are actively seeking new recruits. We have one man in the group so it would be great to have some more! The classes will take place every two months in order that you have enough time to read other books.

Our newly revamped book group will meet on **Monday 27th January 2020, 2pm** to discuss

'An American Marriage' by Tayari Jones.

Please let us know if you would like to join us.



Christmas Lunch



Wednesday 18th December £17

Tickets will be available from Monday 18th November

This is the highlight of The Avenue Club Calendar so tickets sell out quickly!

Valuation Day

Thursday 24th October, 11-3pm

Following the success of our last Valuation Day, we are running another.

Please book a slot for your valuation with the Office.



Swimming Club

One of our members is keen to go swimming regularly at Pools on the Park but not so keen to go on her own.

If there is anyone else who feels the same, let us know and we will put you all in touch with each other and set up a group which meets regularly.



Satisfaction Survey

We have enclosed a brief survey with this newsletter and would be really grateful if you could complete it. Your responses will be entirely confidential so please feel free to answer with complete honesty!



Why not try a hot drink from our new coffee machine or come for lunch Monday to Thursday from 12pm, with a full Roast dinner cooked by Patrick on Thursdays.

